

# A tumour in the healthcare system

Dzulkefly: Growing cancer cases highlight need for 'whole-of-society' approach

**KUALA LUMPUR:** Cancer remains the third leading cause of death in Malaysia, with about 40,000 new cases recorded annually, says Datuk Seri Dr Dzulkefly Ahmad (*pic*).

The Health Minister said this underscores mounting pressure on the country's healthcare system and workforce capacity.

He said the nation must confront the reality of an increa-

singly complex cancer burden, stressing that healthcare professionals, particularly oncologists, are central to sustaining an effective national response.

"We must be candid about the landscape we are facing.

"Cancer remains the third highest cause of death in Malaysia, with approximately 40,000 new cases reported each year.



"To meet this challenge, our workforce is our greatest asset," he said when officiating the "Women in Oncology Forum: Giving Value, Gaining Impact" yesterday.

Malaysia currently has about 84 oncologists nationwide, a 60% increase since 2019, but the number is still insufficient to meet rising and increasingly com-

plex care demands, he added.

Dzulkefly said his ministry remains committed to a "whole-of-society" approach, as government efforts alone are not enough to address such multifaceted healthcare challenges.

He cited the "Cancer Care Closer to Community" initiative as a key example of efforts to decentralise cancer care and improve access to treatment, particularly in underserved areas.

Beyond capacity challenges, Dzulkefly also highlighted the added pressures faced by women oncologists.

"For many women in this field, these professional demands are often compounded by responsibilities beyond the workplace.

"Yet, you continue to show up with resilience, compassion and an unwavering commitment to your patients," he said, in a Bernama report.

## Hospital expands facilities with new wing in Cheras

A HOSPITAL unveiled its new wing with expanded facilities, marking an important milestone in its efforts to meet growing healthcare needs in Cheras and surrounding communities through greater capacity, enhanced facilities and broader specialist care.

The launch at Columbia Asia Hospital Cheras (CAHC), a member of Asia OneHealthcare, was officiated by Deputy Health Minister Datuk Hanifah Hajar Taib.

Also present at the event were CAHC regional chief executive officer Engku Marina Engku Hatim and Asia OneHealthcare managing director and group chief executive officer Dr Chan Boon Kheng.

The expansion comes at a time when population growth, ageing demographics and increasingly complex health conditions are placing greater demand on healthcare systems, particularly in fast-developing urban areas

such as Cheras and its surrounding townships, the hospital said in a statement.

"In a fast-growing community like Cheras, timely access to quality healthcare matters more than ever," said Engku Marina.

"This expansion is not just about increasing capacity, but about strengthening our ability to respond to more complex healthcare needs, support earlier intervention and deliver better outcomes for the communities we serve."

The hospital has introduced a four-storey block with three additional basement levels, designed to complement its existing facilities and improve patient access and flow.

With this expansion, the hospital's capacity has increased from 78 to 180 beds, including three additional isolation beds, 56 additional single rooms and eight beds in the Ambulatory Surgical Care Unit.

Specialist clinics have expand-



Hanifah Hajar (centre) receiving a token of appreciation from Dr Chan at the launch of the new wing of Columbia Asia Hospital Cheras, in the presence of Engku Marina (right).

ed, alongside a dedicated health screening centre to support preventive health and early detection, significantly enhancing its ability to serve communities across Cheras Selatan, Balakong, Sungai Long, Kajang, Seri Kembangan, Serdang, Putrajaya,

and Cyberjaya.

A dialysis centre is also in development and is expected to commence operations by year-end.

"As we mark 30 years of serving communities across Malaysia, this expansion reflects

how Columbia Asia continues to evolve to meet changing healthcare needs," said Dr Chan.

"It is not just an investment in infrastructure, but a long-term commitment to keeping quality and trusted care accessible for the communities we serve."

# Youth lead sharp increase in mental health calls

ECONOMIC pressures are taking a toll on the mental well-being of Selangor residents, with the state's free counselling helpline recording a spike in distress calls over the last three years.

State public health and environment committee chairman Jamaliah Jamaluddin said Talian Selangor Mental Sihat (Sehat) received over 800 calls last year, a sharp increase from 610 in 2023 and about 300 in 2022.

She said about a fifth of the callers were youth, highlighting the growing need for emotional support among the younger generation.

"The helpline, a free weekday counselling service, serves as a first point of contact for those in need of support.

"It is part of the 'Selangor Mental Sihat' programme, which aims to assist individuals facing mental health challenges," she said during the Selangor state assembly sitting in Bangunan Dewan Negeri Selangor in Shah Alam yesterday.

Jamaliah added that under the

initiative, patients could receive financial assistance of up to RM1,000 per month for treatment.

In 2025, she said about half of the recipients were youth.

She was responding to questions from Wan Dzahanur Ahmad (PN-Sungai Kandis) on mental health support programmes for youth and if there were plans to make support services available round-the-clock.

Currently, the helpline operates on weekdays from 8.30am to 4.30pm.

"We are assessing whether to extend operating hours or tailor the service specifically for groups, such as youth."

To a query by Yew Jia Haur (PH-Teratai) on reaching those unaware of their need for intervention, Jamaliah said the state was considering a peer support system in schools.

Under the proposal, students would undergo two months of training to serve as peer counsellors.

"They will be the first line of



Jamaliah says the helpline received over 800 calls last year.

support for youth before they seek help from professional counsellors or psychiatrists.

"It is meant to be more relatable for youth, especially those going through life transitions."

Talian Sehat can be reached at 1-700-82-7536 or 7537.

Separately, the House also heard that the rapid growth of data centres in Selangor is plac-

ing increased pressure on the state's water supply and security, with daily demand projected to hit 79 million litres of water by 2030, according to a National Water Services Commission (SPAN) report.

State infrastructure and agriculture committee chairman Datuk Izhah Hashim said the government was assessing the impact, noting that most data centres required between 20 and 30 million litres a day.

He said a significant challenge involved the longevity of these facilities compared to the time needed to build infrastructure.

"Many centres cannot guarantee that they will remain operational beyond 10 years.

"That timeframe is insufficient to develop new treatment plants, thus placing strain on existing supply facilities."

Izhah was responding to Mu'izzudeen Mahyudin (PN-Hulu Bernam) who raised concerns over how prepared the state government was to juggle demand by water-intensive sectors and

residential consumers.

Mu'izzudeen also sought updates on the Selangor Water Master Plan 2026 being drafted.

Izhah said the state was currently appointing a consultant to carry out studies to complete the master plan, with costs estimated at RM5mil.

"Phase One, which will take 15 months, involves engagement sessions and workshops to collect data.

"Phase Two, expected to take six months, will produce action plans for relevant agencies."

He added that the plan would factor in population growth, economic expansion and climate change.

To strengthen supply, Izhah said more than 140 retention ponds with a combined capacity of 167 million cubic metres have been identified for raw storage.

In addition, he said the Selangor Water Management Authority (Luas) gazetted 20 alternative sources and would carry out controlled dam releases to dilute pollutants in rivers during dry spells.

# High yields keep insurance sector on firm footing

**PETALING JAYA:** MBSB Research expects the insurance sector to stay on a firm footing in the near term, underpinned by strong dividend yields, resilient premium growth and still-attractive valuations that continue to support earnings.

"Despite possible headwinds in subsequent quarters, the sector's solid dividend yields and strong growth momentum make it a very attractive pick," the research house said.

The research house, which maintained a "positive" call, said the sector should at least sustain its strong momentum into the first quarter of 2026 (1Q26), extending the strong pace seen in late 2025.

This was despite pressure that could emerge in later quarters if the ongoing Middle East conflict starts feeding more visibly into medical costs and consumer spending.

"The insurance sector should at least

maintain its tremendous momentum in 1Q26, but subsequent quarters could see a negative impact from the ongoing war and its effect on the local macroeconomic environment," it added.

Medical claims inflation in 2025 came in at just 5.3% year-on-year, the lowest in recent years, reflecting the effectiveness of insurers' cost-control measures.

This helped keep overall life insurance claims growth at a manageable 3.4%, easing concerns that had earlier weighed heavily on sector sentiment.

However, MBSB Research warned that renewed logistical disruptions linked to the Middle East conflict could push up medicine and medical equipment prices again, echoing pandemic-era supply chain shocks.

The research house noted reports of drug prices rising overseas and cited local concerns that medicine costs in Malaysia have already climbed by as much as

30% to 40% in certain categories.

The research house expects this to reintroduce healthcare inflation pressures later this year, especially once existing stockpiles are depleted.

Slower retail loan growth and softer household spending could weigh on general insurance demand, especially products tied to vehicle and property purchases.

Family takaful sales linked to bancassurance channels may also moderate if financing activity weakens further.

MBSB Research further said 1Q26 results should benefit from the lagged impact of war-related costs, while the stronger ringgit continues to help contain imported claims costs, particularly for motor spare parts.

Allianz Malaysia Bhd remains a top sector pick, supported by rapid non-motor expansion and improving life insurance growth.

COMMENT by Dr Helmy Sajali and Dr Chin Ri Wei Andrew

# Shot at weight-loss: At what cost?

**W**ALK into any social gathering these days and there is a reasonable chance someone will bring up Mounjaro, Ozempic or simply "the jab".

A colleague quietly loses 10kg. A relative swears it changed their life. Someone on Instagram claims it is the answer no one told them about. The conversation has moved from specialist clinics into group chats, and that shift deserves a serious look. So what is actually going on here?

## Behind the hype

These drugs - known collectively as GLP-1 receptor agonists, with newer versions targeting both GLP-1 and GIP receptors - were originally developed to treat type 2 diabetes.

Tirzepatide, marketed as Mounjaro, works by mimicking hormones that regulate appetite and blood sugar. Clinical trials showed it could produce weight loss of up to 20% of body weight in some participants. That is not modest. For comparison, most lifestyle interventions produce between 3% and 8%. The scientific community sat up and paid attention. Then the public did too.

## Why it is suddenly everywhere

Partly because it works - at least for some people, under some conditions. But also because social media compressed what used to be a slow clinical adoption curve into months. When results are visible and testimonials are abundant, demand moves faster than supply chains, regulatory frameworks or the evidence base. Malaysia has seen a sharp rise in inquiries at private clinics.

Globally, shortages have affected diabetic patients who depend on these drugs first and foremost. It is worth pausing on that. People with type 2 diabetes who were already on semaglutide faced supply disruptions because demand from the weight-loss market outstripped production. That tension is not a footnote; it is a real consequence of hype outrunning planning.

## Who may benefit, who may not

Clinically, these medications are approved for adults with obesity (BMI  $\geq 30$ ) or those with a BMI  $\geq 27$  alongside a weight-related condition such as hypertension or type 2 diabetes.

In the right patient, with proper medical supervision, they can reduce cardiovascular risk and improve metabolic health considerably. But "the right patient" matters more than most social media posts acknowledge.

The medication is a tool, not a verdict on whether someone deserves to lose weight. The clinical picture has to come first. People with certain thyroid conditions, a history of pancreatitis, gallbladder disease or who are pregnant should not be on these drugs. That conversation has to happen with a doctor, not on a comment section.

There is also the question of why someone wants to lose weight. Not all weight loss is clinically necessary, and starting a prescription medication to meet a social standard is a very different conversation from managing a chronic disease.

## Problem of sustainability

Here is what the brochure versions leave out: most of the benefit disappears when the medication stops. Studies show that within a year of discontinuing these drugs, patients regain the majority of lost weight. That is not a character flaw; it is pharmacology.

These medications suppress appetite through a biological mechanism and when the mechanism is removed, appetite returns. This raises a difficult question that clinicians and health economists are still working through.

If effective use requires long-term, possibly lifelong, administration - who can actually afford that? In Malaysia, these injections are not subsidised under the public health system and cost several hundred ringgit per month at private clinics. The gap between who benefits and who can sustain treatment is wide, and it mostly follows income lines.



Weight is shaped by genetics, hormones, environment, sleep, stress, food systems and economic conditions. A medication that addresses one part of that picture can be genuinely useful. It cannot address all of it. - SUNPIC

## Safety concerns and what we still do not know

Side effects are real. Nausea, vomiting, diarrhoea and constipation are commonly reported, especially in the early weeks.

More serious concerns include pancreatitis, gallbladder disease and - flagged in animal studies, though not yet confirmed in humans - potential thyroid effects. Muscle mass loss alongside fat loss is another emerging concern, particularly without adequate protein intake and structured exercise routines.

Most clinical trials on these drugs run between one and three years. We simply do not have robust data on decade-long use for weight management specifically. Patients deserve to know that.

Informed consent is not just a form; it is a conversation. None of this means these drugs are dangerous for everyone. It means full information is not optional.

## Fake products and growing black market

This is where things get genuinely alarming. Unverified versions of semaglutide and tirzepatide are

circulating through online marketplaces, unregulated channels and direct-to-consumer sellers with no prescription required.

The National Pharmaceutical Regulatory Agency has issued warnings.

Counterfeit injectables carry risks ranging from bacterial contamination to incorrect dosing to entirely unknown compounds.

A person self-injecting an unverified substance based on a social media tutorial is not replicating what clinical trial participants did. The circumstances are not comparable and the risks are not either.

The pressure to access something "everyone is doing" creates conditions for harm. It is an old public health story in new packaging.

Weight is shaped by genetics, hormones, environment, sleep, stress, food systems and economic conditions.

A medication that addresses one part of that picture can be genuinely useful. It cannot address all of it.

Patients who use these medications alongside structured lifestyle support consistently do better than those who rely on the

injection alone. That finding is not incidental.

## Turning point

These drugs represent a real advance in obesity medicine. For patients who have struggled with weight-related illness despite sustained effort, having an effective pharmacological option matters and it should not be dismissed. But effective tools used without proper guidance and sourced from unverified sellers without realistic expectations can carry their own costs.

Before anyone starts, they should be asking their doctor four questions: Does this apply to my situation? What are the realistic outcomes? What happens when I stop? And where exactly is this product coming from? Those are not difficult questions; they are the right ones.

Public health does not ask people to avoid progress. It asks people to reach for it carefully, with both eyes open.

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# Students drive campaign to challenge stigma on HIV

➤ Initiative at Utar Kampar promotes awareness and community spirit with NGOs

**KAMPAR:** Once perceived as an almost-certain death sentence, Human Immunodeficiency Virus (HIV) is now recognised as a manageable chronic condition, thanks to decades of research and persistent public health efforts.

Although it is now considered a widely understood disease by the world's population, stigma associated with it persists.

A one-day HIV awareness campaign titled Obs'HIV, held at Universiti Tunku Abdul Rahman (Utar) Kampar Campus on March 31, was aimed at informing young adults about HIV's risks and preventive measures.

It was organised by Utar Bachelor of Communication (Honours) Public Relations final-year project students, in collaboration with the PT Foundation, the Buddies Society of Ipoh and Pertubuhan Sinar Kasih Perak (Perkasih).

The campaign aimed to reduce stigma within the community through a series of educational, creative, and interactive activities. It attracted more than 350 students.

Among the highlights were expert talks by Mohd Redduwan Zairukaperi from the Buddies Society of Ipoh and Putri Eizarra Elysa from Perkasih.

Mohd Redduwan encouraged participants to always be careful by following preventive steps published by the Malaysian AIDS Foundation, including regular health screenings, avoiding the sharing of needles and early preventive care.

He advised patients to seek consistent treatment, as modern medicine such as antiretroviral therapy (ART) can help them maintain a productive life while preventing the spread of HIV. While antiretroviral medicines are not free throughout patients' lives, he shared that first-time antiretroviral medicines are provided free to all Malaysians



living with HIV.

While it is becoming common knowledge that PLHIV are able to keep their HIV levels under control with proper treatment and live well within the community, Putri Eizarra remarked that the stigma from society still exists to a certain extent.

Sharing various real-life experiences from her patients, she remarked, "Stigma can start from the very moment you begin your treatment. It's difficult to go through such experiences while undergoing medication, hence support from your loved ones is very important."

"We are here not to encourage behaviours, but to raise awareness about HIV, as early understanding and preparedness are essential in prevention and reducing stigma."

Putri Eizarra emphasised the significance of understanding HIV to prevent the spread of

the disease and clear its misconceptions, thereby reducing stigma against PLHIV.

Beyond that, she also highlighted the differences between HIV and other sexually transmitted infections (STIs) and related conditions.

Visual arts, insights, and games were featured at the exhibition area, where participants uncovered multifaceted perspectives on HIV while learning about its transmission, prevention and treatment resources.

From visual installations that displayed the quiet discrimination faced by PLHIV to interactive activities like Free Hug and Voices of Change that further inspired empathy and awareness towards individuals living with HIV, the exhibition created an immersive environment that encouraged both reflection and dialogue.

## Autism card registrations near 89,000 as awareness grows, says Dzulkefly

**REGISTRATIONS** for the Autism Persons with Disabilities card have risen to nearly 89,000 this year from about 23,000 in 2021, reflecting growing awareness, earlier detection and greater public acceptance, Health Minister Datuk Seri Dr Dzulkefly Ahmad said.

He said the almost fourfold increase showed more parents were recognising early signs of

autism and seeking professional diagnosis for their children.

Dzulkefly stressed autism should not be viewed as a disease, but as a neurodevelopmental spectrum.

"When we understand this, we can begin to remove stigma. Individuals on the spectrum possess unique neurodiverse strengths and can excel in many fields, including science, the

arts and technology," he said in a Facebook post in conjunction with Autism Awareness Month.

He said the Health Ministry, through the Health White Paper, was adopting a life-course approach to ensure continued support from early intervention and follow-up care to skills development and employment opportunities.

Dzulkefly said the ministry, together with

the Women, Family and Community Development Ministry, would also continue strengthening Community-Based Rehabilitation Centres to ensure no one was left behind.

"At the same time, we call for wider access to higher education and encourage employers to create fair, supportive and inclusive workplaces," he said. — Bernama

# New advances in Parkinson's care help patients regain independence

**PARKINSON'S** disease has long been associated with tremors, but care in Malaysia has increasingly focused on helping patients maintain independence and quality of life through earlier intervention and advanced treatment options.

As the second most common neurodegenerative condition globally, Parkinson's cases in Malaysia are projected to rise significantly, with estimates suggesting a five-fold increase by 2040 from around 20,000 cases recorded in 2018. This growing burden has driven stronger emphasis on awareness, early diagnosis and long-term care strategies.

## Earlier diagnosis, better outcomes

Doctors note Parkinson's extends beyond visible tremors, affecting movement, coordination and even mental wellbeing. Symptoms such as stiffness, slowness and balance issues often develop gradually, making early recognition critical. Delayed diagnosis remains a challenge, often due to stigma or lack of awareness and that early medical attention allows doctors to introduce treatment plans sooner and help patients manage symptoms more effectively over time.

Beyond physical symptoms, patients also experience fatigue, difficulty concentrating and anxiety, which has become part of a more

holistic approach to care.

## When medication no longer works alone

Medication remains the first line of treatment, particularly in the early stages. However, many patients experience fluctuating responses over time, where the effectiveness of medication becomes less consistent. For suitable patients, advanced therapies such as Deep Brain Stimulation (DBS) are introduced. This treatment delivers controlled electrical stimulation to targeted areas of the brain responsible for movement, helping to reduce symptoms such as tremors, rigidity and slowness. Unlike older surgical methods, DBS does not destroy brain tissue, but instead offers an adjustable and reversible approach that allows doctors to tailor treatment as the condition progresses.

Doctors also note DBS has significantly improved daily life for selected patients. One case involved a patient in his late 50s who had lived with Parkinson's for over a decade and struggled with basic tasks such as eating and dressing. After undergoing the procedure, the patient regained the ability to perform daily activities independently, returned to hobbies such as gardening and experienced improved sleep, reflecting findings that DBS could improve quality of life by up to 70% in suitable candidates.

While not a cure, the treatment plays a key role in restoring function and confidence.

## Safer, more precise treatment

Concerns around brain surgery have remained common, but modern techniques have made procedures such as DBS more precise and minimally invasive. Neurosurgeons use advanced imaging tools such as MRI and CT scans to accurately target specific brain regions. The procedure typically involves a small incision and precise electrode placement, which reduces risks and improves outcomes, while the ability to adjust or reverse the treatment further enhances its safety profile.

Parkinson's management is also shifting towards a multidisciplinary approach, involving neurologists, neurosurgeons and other healthcare professionals working together. Patients undergo thorough assessments to determine suitability for advanced treatments, taking into account factors such as age, cognitive health and response to medication. Care does not end after treatment, as long-term follow-up allows doctors to adjust therapies as symptoms evolve, ensuring continued effectiveness.

## Improving life with Parkinson's

While Parkinson's remains a lifelong condition, advances in treatment have reshaped the patient journey. With



Parkinson's cases in Malaysia are expected to rise to about 100,000 by 2040. – 123RFPIIC

better awareness, earlier diagnosis and evolving therapies such as DBS, patients are no longer defined by gradual decline alone. Instead, modern care focuses on preserving independence, improving daily function and supporting patients in living fuller, more active lives.

**This** article is contributed by Subang Jaya Medical Centre Consultant neurologist and physician Dr Phua Chun Seng and consultant neurosurgeon Dr Kalai Arasu Muthusamy @ Dr Kamal Azrin Abdullah (Dr Kalai).

National

# Health Minister: Need for stronger oncology workforce

**KUALA LUMPUR:** Cancer remains the third leading cause of death in Malaysia, with about 40,000 new cases recorded annually, underscoring mounting pressure on the country's healthcare system and workforce capacity.

Health Minister Datuk Seri Dr Dzulkefly Ahmad said the nation must confront the reality of an increasingly complex cancer burden, stressing that healthcare professionals, particularly oncologists, are central to sustaining an effective national response.

"We must be candid about the landscape we are facing. Cancer remains the third highest cause of death in Malaysia, with approximately 40,000 new cases reported each year.

"To meet this challenge, our workforce is our greatest asset," he said when officiating at the 'Women in Oncology Forum: Giving Value, Gaining Impact'.

Organised by Roche Malaysia, the inaugural forum brought together women oncologists nationwide to exchange perspectives on mentorship, leadership and professional development in cancer care.



**We must be candid about the landscape we are facing.**

Datuk Seri Dr Dzulkefly Ahmad

Malaysia currently has about 84 oncologists nationwide, a 60 per cent increase since 2019, but the number remains insufficient to meet the rising and increasingly complex care demands.

Dr Dzulkefly said the Health Ministry remains committed to a 'whole-of-society' approach, acknowledging that government

efforts alone are not enough to address such multifaceted healthcare challenges.

He pointed to the 'Cancer Care Closer to Community' initiative—a collaboration with Roche Malaysia—as a key example of efforts to decentralise cancer care and improve access to treatment, particularly in underserved areas.

Beyond capacity challenges, Dr Dzulkefly touched on the human dimensions of oncology, describing it as a demanding field that requires resilience, coordination and continuous learning.

He also highlighted the added pressures faced by women oncologists, who often balance professional responsibilities with personal commitments while continuing to deliver high-quality care.

"For many women in this field, these professional demands are often compounded by responsibilities beyond the workplace. Yet, you continue to show up with resilience, compassion and an unwavering commitment to your patients," he said. — Bernama

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Kuala Lumpur

**I**ndustri insurans di negara ini berkemungkinan berdepan lonjakan inflasi tuntutan perubatan pada tahun ini susulan gangguan rantaian logistik akibat pergolakan berterusan di Asia Barat, menurut penganalisis.

Krisis geopolitik itu secara langsung memacu kenaikan harga minyak mentah dalam pasaran antarabangsa, sekali gus meningkatkan kos pengeluaran serta pengangkutan dalam rantaian pembekal ubat-ubatan global.

Menurut MBSB Research, impak peningkatan kos itu sudah mula menular ke dalam pasaran tempatan seperti disahkan kerajaan.

Katanya, Menteri Kesihatan Datuk Seri Dr Dzulkefly Ahmad dua minggu lalu berkata, kos ubat-ubatan telah meningkat 30 peratus hingga 40 peratus dalam sesetengah kes dan berpotensi lebih tinggi bagi peranti perubatan tertentu.

Jelasnya, sektor insurans sekarang-kurangnya mengekalkan momentumnya yang luar biasa dalam suku pertama 2026.

"Bagaimanapun, suku tahunan berikutnya mungkin menyaksikan kesan negatif daripada perang yang sedang berlangsung dan kesannya terhadap persekitaran makroekonomi tempatan.

"Jualan perlahan dan inflasi perubatan kembali tinggi berikutan gangguan logistik global adalah perkara utama menjadi perhatian kami," katanya dalam nota penyelidikannya.

Perangkaan Persatuan Insurans Hayat Malaysia



KOS ubat-ubatan didapati meningkat 30 peratus hingga 40 peratus dalam sesetengah kes dan berpotensi lebih tinggi bagi peranti perubatan tertentu.

**KESAN GANGGUAN RANTAIAN LOGISTIK TERHADAP INDUSTRI INSURANS**

# BERDEPAN LONJAKAN INFLASI TUNTUTAN

(LIAM) pada 2025 menunjukkan angka inflasi tuntutan perubatan sebanyak 5.3 peratus, terendah dalam beberapa tahun.

Ia sekali gus menjadi bukti keberkesanan langkah membendung kos oleh syarikat insurans.

Selain tekanan kos perubatan, MBSB Research berkata, kelembapan prospek makroekonomi tempa-

tan susulan impak peperangan yang berpanjangan turut mula memberi kesan langsung kepada kuasa beli pengguna pasaran massa.

Ia berkata, peningkatan kos sara hidup menyebabkan trend pinjaman runcit semakin lemah dan situasi

ekonomi itu berpotensi membantutkan prospek pertumbuhan premium syarikat insurans.

Katanya, syarikat insurans am khususnya dijangka merasai penyusutan momentum sekiranya pembelian kenderaan dan rumah mula

menurun dengan ketara.

Namun bagi segmen insurans marin, penerbangan dan transit (MAT), MBSB Research menjangkakan penutupan Selat Hormuz tidak memberi impak material kepada segmen itu bagi syarikat senarai awam insurans di negara ini memandangkan pendedahan segmen itu adalah terhad.

**Peningkatan kos sara hidup menyebabkan trend pinjaman runcit semakin lemah**

# KEMPEN 6020 KUKUH KESIHATAN PERGIGIAN

Bahagian Kesihatan Pergigian, Jabatan Kesihatan Negeri Selangor usaha memupuk kesedaran, pencegahan awal dan amalan penjagaan kesihatan pergigian dalam kalangan masyarakat



PENGUNJUNG yang hadir dapat menikmati pemeriksaan gigi percuma daripada pakar pergigian.

Oleh **Nor Syazrina Muhamad Tahir**  
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Bahagian Kesihatan Pergigian (BKP), Jabatan Kesihatan Negeri Selangor (JKNS), melancarkan Kempen 6020 sempena 'dan World Orthodontic Health Day' Peringkat Negeri Selangor 2026 dalam usaha memperkukuh promosi kesihatan pergigian di negeri ini.

Timbalan Pengarah Kesihatan Negeri (Pergigian) JKNS Dr Salleh Zakaria berkata, tema kepada kedua-dua program berkenaan menekankan bahawa kesihatan mulut memainkan peranan penting dalam menentukan kualiti hidup seseorang termasuk aspek pemakanan dan pertumbuhan.

"Melalui Kajian Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2018, didapati 18.8 peratus warga emas memerlukan rawatan pergigian, manakala 59.2 peratus melaporkan kualiti hidup berkaitan kesihatan mulut yang rendah.

"Justeru, Kempen 6020 ini bukan sekadar satu sasaran kesihatan, tetapi satu inisiatif penting dalam usaha memperkukuh agenda kesihatan awam negara, khususnya dalam

memastikan rakyat Malaysia menikmati kualiti hidup yang lebih baik sehingga ke usia emas," katanya ketika melancarkan program itu di Aeon Mall Bukit Tinggi, Klang, di sini, baru-baru ini.

Turut hadir Pegawai Pergigian Daerah, Pejabat Kesihatan Pergigian Negeri Selangor 2026 dalam usaha memperkukuh promosi kesihatan pergigian di negeri ini. Timbalan Pengarah Kesihatan Negeri (Pergigian) JKNS Dr Salleh Zakaria berkata, tema kepada kedua-dua program berkenaan menekankan bahawa kesihatan mulut memainkan peranan penting dalam menentukan kualiti hidup seseorang termasuk aspek pemakanan dan pertumbuhan.

Hadir sama, wakil dari 'Malaysian Association of Orthodontist', Prof Madya Dr Yasmin Kamarudin; Ketua Jabatan Kesihatan Majlis Bandaraya Diraja Klang, Azmi Muji; Ketua Penolong Pengarah Kanan, Bahagian Kesihatan Pergigian Selangor, Dr Masrizah Mohamad; Pegawai Promosi Kesihatan Pergigian Negeri Selangor, Dr Effarah Izlin Ab Jabar dan Pegawai Promosi Pergigian Daerah Klang, Dr Noor Azilah Ab Aziz.

Dalam pada itu, Dr Salleh berkata, kerjasama erat antara kerajaan, sektor swasta, pertubuhan bukan



BARISAN jawatankuasa yang menjayakan Program World Oral Health Day dan World Orthodontic Day.

kerajaan dan komuniti amat penting bagi memastikan kejayaan kempen ini.

"Saya yakin dengan komitmen berterusan semua pihak, Kempen 6020 mampu menjadi satu gerakan yang memberi impak besar dalam meningkatkan tahap kesihatan pergigian rakyat.

"Marilah kita bersama-sama menjadikan amalan penjagaan kesihatan mulut sebagai satu budaya dalam kehidupan seharian," katanya.

Sementara itu,

BKP dalam kenyataan memaklumkan, pihaknya melaksanakan beberapa inisiatif utama termasuk Kempen 6020 yang menekankan kepentingan mengkalakan sekurang-kurangnya 20 batang gigi asli pada usia 60 tahun.

"Kemudian, sambutan World Oral Health Day meningkatkan kesedaran masyarakat terhadap penjagaan kesihatan mulut secara menyeluruh dan World Orthodontic Health Day yang memberi tumpuan kepada kepentingan



KONSULTASI gigi percuma bersama lapan pakar pergigian.



PROGRAM yang berlangsung dari 24 hingga 26 April bermula jam 10 pagi hingga 10 malam menerima sambutan memberangsangkan daripada pengunjung.



(TIGA dari kiri) Dr Yasmin, Nur Hashimah, Rozita, Dr Salleh, Dr Alwani dan lain-lain bergambar bersama pengunjung ketika pelancaran program berkenaan di Aeon Mall Bukit Tinggi, di sini, baru-baru ini.